



SECTION ONE Standard House Diets

Diet manual

Soft Diet

Soft Lite Diet

General Description

This diet contains foods and beverages which are soft in texture, moderately low in fiber and fat, and mildly seasoned. Known gastric irritants and gas forming foods are omitted. The diet is based on knowledge of common food intolerances, gastric irritants and dietary practices that adversely affect compromised GI function. Although it reflects a strict interpretation of soft dietary restrictions, food selection should be individualized and adjusted according to specific preferences and tolerances. Foods from the “NOT TOLERATED” category may be added into the diet based on the patient’s progress and/or specific nutritional needs.

Indications for Use

This diet is intended as a starting point in most cases where compromised appetite and/or GI function is a factor. The diet may be indicated for post-operative patients, patients recovering from debilitating diseases and/or treatments who are unable or unwilling to consume a general soft diet or for patients with acute flare-ups of gastrointestinal problems (i.e., gastritis, esophagitis, and hiatal hernia).

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is nutritionally adequate with the same exceptions as for the regular diet.

Guidelines

Food Groups	Foods Allowed or Well Tolerated	Foods Not Usually Tolerated
Dairy	Milk, evaporated milk, powdered milk, buttermilk, milkshakes, mildly flavored cheese, cream cheese, cottage cheese, yogurt without fruit skins and seeds.	Yogurt containing fruit skins and seeds. (Chocolate flavored drinks may not be well tolerated.) Strongly flavored cheese.
Meat or Substitute	Broiled, baked, roasted, or stewed tender beef, veal, pork, poultry, fish, liver. Smoked ham, crisp bacon, smooth peanut butter. Canned tuna. Ground or pureed meat.	All highly seasoned or fried meats, poultry, or fish. Corned beef, sausage, hot dogs. Luncheon meats and other processed meat spreads. Chunky peanut butter.
Eggs	All except those not tolerated	Fried egg or any prepared with ingredients not well tolerated.

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Potato or Substitute	Mashed, boiled, creamed, or baked white or sweet potato, rice, spaghetti, grits, noodles, macaroni.	Fried potatoes, potato chips, dried beans. Potato skins. Potato or substitute in rich cream sauce or prepared with ingredients not well tolerated.
Vegetables	Mildly flavored vegetables: cooked asparagus tips, beets, carrots, wax or green beans, mushrooms, summer or winter squash, tomatoes. Vegetable juices, tomato juice. Any pureed or blenderized vegetables.	All raw vegetables. All cooked vegetables except those allowed. (Strongly flavored, sulfur containing, or other vegetables with fibrous stalks or tough skins or seeds may not be well tolerated).
Fruits & Fruit Juices	All fruit juices, soft canned fruits like mandarin oranges, applesauce, peeled apricots, Bing or Royal cherries, peaches, pears, orange, and grapefruit sections (no membrane). Fruit cocktail. Fresh ripe bananas, avocado. Any pureed or blenderized fruit.	All fresh and canned fruits except those allowed. (Fruits with seeds, membranes, or tough skins may not be well tolerated). Dried fruit and raisins.
Breads & Cereals	White bread, rye bread without seeds, and refined whole wheat bread, saltines, or plain crackers, soft rolls, graham crackers. All cooked and dry cereals, except whole grain and bran.	Whole grain breads, bread with nuts, seeds, raisins, and any fruits or spices not well tolerated. Whole grain and bran cereals. Fried breads and doughnuts.
Fats	Margarine, butter, cooking fats and oils, mayonnaise, sour cream, mild salad dressing, cream.	Nuts, olives, and spicy salad dressings such as blue cheese or 1000 island. (Gravies may not be well tolerated).
Beverages	All	None (caffeinated beverages may not be well tolerated).
Soup	Any made with tolerated meats and vegetables.	Those made with foods not tolerated. Highly seasoned soups.
Desserts/Sweets	Plain cake, cookies, and pies made with allowed ingredients, plain pudding, gelatin (plain or made with allowed fruit), custard, sugar, honey, hard clear candy, syrup, jelly.	Any containing nuts, coconut, seeds, raisins, or any fruits or spices not well tolerated. Jam or marmalade. Rich desserts (chocolate desserts may not be well tolerated).
Miscellaneous	Salt and small amounts of other seasonings, except those usually not tolerated. Vinegar and lemon juice in small amounts.	Mustard, pickles, horseradish. Strongly flavored spices or herbs. Barbeque, chili, or steak sauce and other flavoring extracts.

Soft Lite Diet**KNOWN GASTRIC IRRITANTS:**

Black, red, and white pepper, cayenne, chili powder, curry powder, chocolate, caffeine.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Fruit or Juice	Meat or Substitute	Meat or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg or Substitute	Vegetable	Vegetable
Toast	Fruit	Dessert
Margarine	Dessert	Bread
2% Milk	Bread	Margarine
Beverage	Margarine	2% Milk
	Beverage	Beverage